

June 2016

Centennial Hills Active Adult Center 50+

6601 N. Buffalo Drive (702) 229-1702

Monday-Friday, 7 a.m. - 6 p.m.

Pre-registration for all activities marked with a (+) begins Tuesday, May 24.

CLASSES

CHAAC Book Club

June: The Sandcastle Girls by Bohjalian

July: The Rosie Project by Simsion

Wednesday, June 1, 12:30 p.m., FREE

Current Events Discussion Group

This self-led, open-minded group meets the 2nd and 4th Wednesday of each month.

Wednesdays, June 8 & 22, 12:30 p.m., FREE

Indoor Golf

This program will return in September

Jewelry Design Class

Thursdays, 9:30-11:30 a.m., FREE

Knitting

Wednesdays, 8 a.m., FREE

Quilting

Tuesdays, 8:30 - 11:30 a.m., FREE

Scrapbooking and Card Making

Bring your current project and ideas to share.

Monday, June 13, 1 p.m., FREE

Vegan & Healthy Eating (+)

Learn how making small changes to your diet can make you feel better.

Wednesday, June 15, 12:30 p.m., FREE

What Can I Do with eBay? (+)

What should I sell, can I do it safely, how much money can be made, can I buy items too? These plus many other questions answered in this workshop.

Tuesday, June 21, 2 p.m., \$5

Anything marked with a (+) requires pre-registration, which begins Tuesday, May 24.

SPECIAL EVENTS

Organize & Downsize for a Better Future (+)

You'll learn simple ways to de-clutter your home to make your life easier.

Wednesday, June 1, 9 a.m., FREE

June Bunco (+)

Let's play Bunco and enjoy Chicken Pasta Salad.

Wednesday, June 1, 10 a.m., \$5

Aging Successfully with Essential Oils (+)

You'll learn the history, science, technology and uses of essential oils. You'll also be able to sample the various oils.

Wednesday, June 1, 11:30 a.m., FREE

Craft with Ashley and Gloria (+)

You'll make a USA wood craft and enjoy a lite snack.

Please stop by our front desk, after May 18, to see a sample.

All materials are included in the fee.

Friday, June 3, 1:30 p.m., \$15

AARP Facebook 101 (+)

Learn the basics of Facebook.

Tuesday, June 7, 1-2:30 p.m., \$5 OR

Thursday, June 16, 1-2:30 p.m., \$5 OR

(Due to space restrictions, you may only register for one date)

Social Security 101 (+)

This seminar will cover the basics of Social Security.

Thursday, June 9, 9 a.m., FREE

Learn to Love Facebook (+)

In this intermediate, hands-on workshop, you'll learn to get the most from social media.

Tuesday, June 14, 9-10:30 a.m., \$5 OR

Thursday, June 23, 1-2:30 p.m., \$5

(Due to space restrictions, you may only register for one date)

Red, White and Blue Luncheon (+)

Please join us for BBQ pork sandwiches, baked beans, coleslaw and apple pie.

Wednesday, June 22, 11:30 a.m., \$8

Movie - "Hello, My Name is Doris"

Comedy/Drama starring Sally Field

Monday, June 27, 10 a.m., FREE

Bingo & Breakfast (+)

You'll enjoy sausage breakfast casserole.

Thursday, June 29, 9 a.m., \$7

AARP Twitter 101 (+)

Learn the basics of Twitter.

Tuesday, June 29, 1-2:30 p.m., \$5



The Naval War (+)

This four-week seminar will be instructed by
Stan Kaufman.

Week one:

Civil War navies and the technological revolution

Week two:

The blockade and blockade runners

Week three:

The war on commerce: The hunters and the hunted

Week four:

The river war and the siege of Charleston

Mondays, June 6 - 27, 9-11 a.m., FREE

Diabetes Self-Management (+)

Join this 6-week program provided
by St. Rose Dominican Hospitals
where you will learn techniques to
deal with symptoms of diabetes.

Fridays, June 3 - 24

10 a.m. - 12:30 p.m. a.m., FREE

Step by Step to Optimal Health (+) "Self-Care"

Ida Connor's will teach you how to manage minor
ailments before then become major problems.

Thursday, June 2, 9 a.m., FREE

DAILY CARDS & GAMES

*Due to other activities,
please don't arrive more than
15 minutes prior to the start of each
game listed below.*

Bridge (Party)

Wednesdays, 3 p.m.

**room access 2:50 p.m.*

Fridays, 8:30 a.m. - 12:30 p.m.

Chinese Mah Jongg

Wednesdays, 2 p.m.

Dominos (Mexican Train/Chicken Foot)

Tuesdays, 12:30 p.m.

Duplicate Bridge

Wednesdays, Noon. - 2:45 p.m.

**room access 11:50 a.m.*

Hand & Foot Canasta

Fridays, noon

Mah Jongg (National League)

Mondays and Thursdays, 12:30 p.m.

Pinochle

Mondays, 8 a.m. - noon

Mondays, 2 p.m.

Tuesdays, 2:30 p.m.

Poker

Tuesdays, 1 p.m.

Thursdays, 11:30 a.m.

Rummikub

Thursdays, 1 p.m.

**All afternoon games
must END by 5:45 p.m.**

Health, Wellness & Community Assistance

Protect Yourself from Fraud and Scams (+)

AARP will explore such topics as identity theft, imposter
scams, telephone and sweepstakes scams.

Monday, June 6, 9 a.m., FREE

Grief & Loss Support Group

This group is for anyone who's lost a loved one.

Tuesdays, June 14 & 28, 9 a.m., FREE

Getting to Know the Medicare Basics (+)

Learn 10 tips to help you make an informed decision.

Thursday, June 16, 9 a.m., FREE

Fall Prevention with CareMore (+)

A professional will teach you ways to avoid falls.

Tuesday, June 21, 10 a.m., FREE

Final Expense (+)

Lee Jordan will lead this discussion that no one
wants to talk about, final expense.

Tuesday, June 28, 10 a.m., FREE

AARP "Smart Drive" Course (+)

Wednesday, June 29, 1-5 p.m.

\$15/AARP member or \$20/non-member

(Check only made payable to AARP)

Senior TOPS (Taking Off Pounds Sensibly)

Thursdays, 8 a.m., 1st meeting is FREE

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registration, which begins
Tuesday, May 24.**

Our annual membership fee is \$10 per year and includes access to all activities listed in this
newsletter, some of which may have an additional fee. Through a partnership with the Centennial
Hills YMCA, city of Las Vegas Centennial Hills Active Adult members have limited time usage of the
cardio/weight room and the indoor lap pool. Pick up a fitness schedule at our front desk.



www.lasvegaparksandrec.com

